



Ready and Resilient News

U.S. Army Reserve
Command

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Ready and Resilient Overview

By Ms. Sharyn Saunders, Director,
Army Resiliency Directorate

To best be able to fight and win the Nation's wars, the Army must be composed of Soldiers, Army Civilians and Family Members who are ready and resilient. Those who serve must achieve and sustain personal readiness and optimize human performance in environments of uncertainty and persistent danger.

Our Army Commanders and Leaders are responsible for ensuring the overall health and resilience of those they lead. Commanders and Leaders are responsible for fostering an environment of trust, and establishing a culture free of stigma; they must promote help-seeking behavior and recognize warning signs; they are accountable for the care of Soldiers. They must also be equipped to prioritize, focus resources and accept prudent risk to achieve personal readiness and optimize performance based on the specific circumstances of individual units.

All Soldiers, to include Guard and Reserve, Army Civilians and Family Members require a certain level of physical, social, psychological, and spiritual health and preparedness to achieve mission readiness. They must treat others with dignity and respect; be an intervener instead of a bystander; and embody and practice the principles of resilience and professionalism throughout everything they do.

Based on lessons learned, assessments, and feedback received from our various field visits, we are refining the Ready and Resilient strategy to better enable Commanders and Leaders to develop cohesive teams of resilient individuals who are committed to the Army Profession. To support our Commanders and Leaders, we are taking a comprehensive, holistic approach to build the capabilities that support personal readiness and resilience in members of the Total Army as well as a realistic look at the threats to the Force that we want to combat. We want to reduce negative behav-

iors and outcomes, and the escalation of those behaviors and outcomes. We are also identifying opportunities to simplify requirements imposed on Commanders and Leaders.

As part of this effort, we are moving toward an integrated training approach that incorporates components of evidence-based resilience, performance, and prevention curricula. We are also looking to identify overlaps, gaps, strengths, and weaknesses throughout our curricula so that we can improve the quality and effectiveness of training offered.

The Army needs Commanders and Leaders who are competent, committed, agile and adaptive so they can build on and enhance the strength and resilience of their people. This campaign effort empowers our Commanders and Leaders to establish, reinforce and sustain an organization of people who exemplify the Army Values.

Stay Ready, Live Resilient, Be Army Strong!

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99th RSC Well Being Program Expansion

By MAJ Mark Doe, 99th RSC

The 99th Regional Support Command (RSC) Well Being Programs has expanded its ability to provide requisite training for Soldiers in our 13 state region "To Grow, To Live, To Serve and To Connect". Beginning in April 2015, we initiated training operations in a new functional space in order to better meet our mission to improve and sustain the institutional strength of the 99th RSC through a comprehensive strategy that integrates well-being initiatives, programs, and resources to meet the well-being needs of the Army.

Located at Building 5514 Texas Avenue, Fort Dix, NJ, the new Department of Human Resources (DHR) Well-Being Academy classroom has the capacity for 42 students/personnel. It includes two computers for instructors, two wall-mounted projectors, two screens, LAN capabilities, a dedicated printer/scanner/copier and an adjoining break room/meeting room. This new functional space is reconfigurable and has the flexibility to be set up to meet the needs of the course that's being offered. We've provided on-site SHARP, ACE-SI, and UPL certification training to date with much more to follow.

Well-Being currently has train-

ing scheduled through the end of the fiscal year with certification classes offered in: Applied Suicide Intervention Skills Training (ASIST), Ask, Care Escort Suicide Intervention (ACE-SI) Training, Sexual Harassment/Assault Response & Prevention (SHARP) Training, Resilience Skills Training, and Unit Prevention Leader (UPL) Training. Registration for classes is handled directly through our office. Seats are still available. Please contact us if you would like to be scheduled for training. Ms. Lopez, Chief, Well-Being Branch:
yara.m.lopez.civ@mail.mil

**We want to hear
from you!!**

Please send pictures and information about your R2 events, best practices, and success stories to angela.l.andrew.mil@mail

Veteran-Oriented civic group to partner with Army Reserve

By T.D. Jackson, Private Public Partnership Office

Devin Ruic was in a bad way this time last year. Ruic, a special agent with the 902nd Military Intelligence Group on Fort Belvoir, had recently injured his ankle and was unable to walk, which caused him severe weight gain. "I wasn't feeling good about myself and I certainly didn't feel healthy," said Ruic. And then he found a group of kindred spirits.



That group, Team Red White and Blue, likely pulled him out of a downward spiral. Team Red, White and Blue is a registered 501c3 nonprofit organization dedicated to encouraging veterans to continue leading impactful lives in their communities. The group is "inclusive" and is open to current and former service members, their families and civilians.

Capt. Brennan Mullaney, Army Reserve Soldier and Mid-Atlantic Regional Director of Team Red, White and Blue, said the group is really about building genuine relationships.

"We work out, we do social events and community service projects. But at the end of the day, all those things are done to be a part of a team, to meet people, to feel connected, to have that sense of comradery... those things that we all long for and want," said Mullaney. "We get out and we do positive things, and we get to know each other and we have a lot of fun."

Ruic joined Mullaney and other

Team members in April for a fun run at Fort Belvoir in celebration of the Army Reserve's 107th birthday and Team RWB's pending partnership with the Army Reserve through the Private Public Partnership Office. An official partnership signing will occur at a later date.

The Army Reserve's partnership with Team Red, White and Blue provides Soldiers, veterans and Family members the opportunity to maintain their fitness and resilience with a network of 125 chapters and communities throughout the U.S. and other countries such as Italy, the United Kingdom, Japan and Korea.

Maj. Gen. Luis Visot, Army Reserve Chief of Staff, thanked the Team for joining Reserve Soldiers in the early morning two-and-a-half-mile jog.

"As members of the United States Army Reserve, we have to remember that we are a community-centered organization," said Visot. "So therefore we're

part of the community and we need to find ways by which we can better connect with the American people. And organizations like Team Red, White and Blue allow us to do that."

Ruic, who has been with the team for almost a year, would agree that community building is at the heart of Team Red, White and Blue.

"If you don't feel like you have the community, or if you don't feel like you have the people to talk to right now, or if you simply want to get into better shape and you want a good group of people that will positively influence you and motivate you to do that, all those things are possible under Team Red, White and Blue," said Ruic. "Team Red, White and Blue has given me a community in Washington D.C. that I didn't have and would not have been able to develop myself."

For more information about Team Red, White and Blue visit www.teamrwb.org.

2-1-1 “Get Connected. Get Answers”

By Ms. Camille Nelson, 76th ORC

The 76 ORC Health Promotion team was invited by the United Way of Salt Lake City to consult and participate with other members of the community on a local 2-1-1 Veterans Advisory Committee. As a Marine Veteran, the committee chairman recognized a need within the state to better meet the needs and challenges veterans face when trying to access local and national resources. As such, 2-1-1 aims to be the primary phone number or internet site for Service Members, Veterans, and Families to contact when there is a need for information and resources.

The United Way funds and administers the national 2-1-1 “Get Connected. Get Answers”

database. Calling 2-1-1 is a free and confidential service that helps people across North America find the local resources they need. 2-1-1 is especially useful, as almost every state has one and they are highly ingrained within their communities and they already have established relationships with community leaders, providers, and services. Of particular importance, 2-1-1 vets all resources, ensuring they are legitimate and provide quality services. These services are available 24 hours a day, seven days a week and can be accessed online at www.211.org.

There is also a section dedicated to veterans and military, with the same phone number and website, <http://www.211.org/services/veterans>. A person can find their local civilian and military resources by

inputting their zip code or city/state which will connect them to their local United Way 2-1-1.

2-1-1 can help a person navigate the extensive benefits and services available to veterans including health care support, financial assistance and counseling, legal assistance, and educational support. It also provides resources and agencies that can help a veteran and their family relocate to a new city or a new home, cope with the stress and logistics of a deployment, or transition back into civilian life.

The committee realizes that there is still a significant opportunity for improvement and growth in the database in relation to veteran specific resources, starting with a need to have a better understanding of this populations needs and the multiple systems they navigate.



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Changes coming to Army Reserve Deployment Health Assessment Program

By LTC Steven Gandia, Program Manager, Deployment Health Assessment

Prior to 2008, units were responsible for scheduling Deployment Health Assessments for their own Soldiers. As Overseas Contingency Operations (OCO) OPTEMPO reached its height, ADOS Soldiers were engaged to facilitate the scheduling of these assessments.

Beginning 01SEP2015, the responsibility to schedule assessments will return to commands. Regional Supporting Commands will receive the mission of tracking referrals, and will be staffed in FY16 with ADOS Soldiers from AR DHAP. OCAR will

continue to manage the program, support Mobilization Stations with liaison NCOs, and coordinate the authorization and follow-up of referrals generated.

In July, AR DHAP will conduct training so commands will have the tools necessary to schedule these assessments. A WAR-NORD has been published and an OPORD is soon to follow with details of the change.

The U.S. Army Deployment Health Assessment Program (DHAP) is dedicated to increasing the operational readiness of the Total Army and strengthening the resilience of deploying and redeployed Soldiers and Army Civilians. DHAP provides early identification of emerging

deployment related health conditions and serves as a gateway to care and treatment.

Through DHAP participation, Soldiers are given the opportunity to assess their health at each phase of deployment, talk with a health care provider, and if necessary, receive a referral for evaluation of any physical or behavioral health concern.

All Soldiers who deploy for greater than 30 days to locations outside the Continental United States (OCONUS) without a fixed U.S. Military Treatment Facility (MTF) are required to complete Deployment Health Assessments.

DHAP
DEPLOYMENT HEALTH
ASSESSMENT PROGRAM

LIFE
FAMILY
CAREER
FUTURE



Left: The 108th Training Command (IET) Army Reserve Family Programs was one of two units selected by USARC's Council on Accreditation for the Family Programs Accreditation pilot program. Right: Linda Talley and Howard J. Henderson, Family Program Director for the United States Army Reserve Command, give valuable information and feedback for the Family Programs Accreditation process. (Photos by Sgt. 1st Class Brian Hamilton)

108th one of the first Accredited Family Programs in USARC

By Deborah Williams
108th Training Command (IET)
Public Affairs

The 3rd Medical Command and the 108th Training Command (IET) Army Reserve Family Programs were the first sites selected by USARC's Council on Accreditation Family Programs Accreditation pilot program. Accreditation is one of the means by which the agency strives to champion quality of services.

"These two units were identified by USARC to be the pilots based on previous expertise in the accreditation process. After using it with the Active Army Component, we are now bringing it to the table with the Army Reserve to make it a better process," said Patricia Hollis, Family Programs Director for 3rd MEDCOM Deployment Support.

Military Family Program Accreditation includes the accreditation of family readiness services provided to active duty, Reserve and National Guard service members and their dependents. MFR program accreditation was developed in collaboration with the Department of Defense and in consultation with military and other national human service experts

and professionals.

"The COA shows solidarity of support throughout the command. The senior volunteer is at the highest level to provide oversight as the manager for Family Programs to partnership with the 3rd MEDCOM and the 108th Training Command," said Howard J. Henderson, Family Program Director for the United States Army Reserve Command.

"The critical piece for Lt. Gen. Talley and Mrs. [Linda] Talley is the USARC creditors to be a part of the USARC accreditations because it validates Family Programs and how they serve Soldiers and Families. That is why Mrs. [Linda] Talley is here, along with OSD, to oversee the process and the way forward for the future of the Army Reserve Family and how they work their programs with Soldiers and family," Henderson explained.

The Council on Accreditation partners with human service organizations worldwide to improve service delivery outcomes by developing, applying, and promoting accreditation standards. It envisions excellence in the delivery of human services globally, resulting in the well-being of individuals, families, and communities.

The Standards for Military Family

Programs are divided into three parts:

- ☐ -Administration and Management Standards
- ☐ -Service Delivery Administration Standards
- ☐ -Service Standards

Programs must demonstrate implementation of both the Administration and Management and the Service Delivery Administration Standards because they encompass aspects of operations that apply to all programs regardless of the services provided. Additionally, programs must demonstrate implementation of specific Service Standards that reflect the services it provides.

The Council on Accreditation is an international, independent, nonprofit, human service accrediting organization. Founded in 1977 by the Child Welfare League of America and Family Service America (now the Alliance for Strong Families and Communities), their mission is to partner with human service organizations worldwide to improve service delivery outcomes by developing, applying, and promoting accreditation standards.

ESGR recognizes employers and family members sacrifice

**By Jeff McClure ESGR
USAR Liaison**

"We All Serve" is the motto for the Employer Support of the Guard and Reserve, or ESGR. By saying that, we recognize that employers and family members sacrifice as much as the service members wearing camouflage.

The four main lines of effort that support that service are, Employer Outreach, Military Outreach, Employment, and Ombudsman. In Employer Outreach promotes a culture where employers support and value military service. Military Outreach ensures that service members are aware of their rights and responsibilities under the law as well as how to recognize outstanding employer support for service members. Employment focuses on increasing career opportunities and our Ombudsmen help resolve issues between em-

ployers and Service members before they escalate.

USARC recently published an operation order to raise awareness of ESGR and its programs, thereby assisting with the psychological preparedness of our Citizen Soldiers. Through establishment of a series of unit representatives, a support channel will be formed that will enable unit commanders to maintain a working relationship with the ESGR program managers and civilian employers to benefit our Soldiers and Family members.

ESGR fosters an awards program to honor employers. The entry-level award to recognize outstanding employers is the Patriot Award. Last year 10,489 Patriot Awards were processed and Army Reservist only submitted 2,392 of the nominations. The process to nominate the outstanding employer takes only 5 minutes from any computer at www.esgr.mil.



Local Delaware employers attend "First Thursday Employer Breakfast with the General." sponsored by the Delaware ESGR in New Castle, PA (Photo courtesy of Delaware ESGR)



Statement of Support signing with ESGR National Chairman, Paul Mock and AUSA President/CEO GEN Gordon Sullivan, USA Ret.

The highest award an employer can receive is the Secretary of Defense Employer Support Freedom Award. This year there were 2,946 nominations from across all the services. Army Reservist nominated 645 of these nominations. The Secretary of Defense will recognize this year's recipients on 21 August 2015 in a ceremony held at the Pentagon.

ESGRI 1250.22 (Bosslift Program) provides details on how to conduct a Boss lift and demonstrate to some employers what your Army Reservists do during Battle Assembly.

This can be done through a simple demonstration, a tour, or an orientation during a Battle Assembly. Many employers have no idea what Army Reservists do on a regular basis, so use this program to build a better relationship between the Army Reserve and local employers. This is not exclusive to supportive employers of Reservists, but equal emphasis should be given to employers whose support is desired. The key point of contact is the Personnel Support Technician (PST) in the state in which you are located. For more information on locating the PST in your area, contact Mr. Jeff McClure at (703) 806-7468.

**U.S. Army Reserve
Command**

Please send newsletter submissions to:
Angela.l.Andrew.mil@mail.com

Twice The Citizen! Army Strong!



Upcoming Events:

MIRC Teen Resilience Training Session#4 25 July
3rd Annual Day in the Army Reserve 29 July
Joint Teen Council Training (412th TEC, 80th TC, 75th TC) 27-31 July
Deployment Health Assessment Program Training 28-30 July
FT Hunter Liggett/IMCOM Sponsored Teen Resilience Training 5 August
AR Community Health Promotion Council 13 August
MIRC Teen Resilience Training Session#5 29 August

Welcome to the Team

LTC Karen Saravia USARC SHARP Program Manager

Mr. Johnny Dodgens USARC Education Programs Program Manager

Battle Buddy App assists in crisis situations

The USARC Chaplain Directorate would like to announce the release of the Army Reserve Battle Buddy App for the iPhone, Ipad and Android Smartphones.

This is a user friendly app that gives you tools and information needed to assist in suicide intervention and other crisis situations. It also provides tips and tools to help you intervene before the situation reaches crisis proportions. Links to the Apple Store and Google Play Store are below.

This app is organized into two primary areas, "My Buddies" and "My Resources."



MY BUDDIES contains quick links and tips to use if you must act or intervene in a crisis. It provides detailed intervention, awareness and prevention information concerning the Army's suicide prevention program and

Sexual Harassment/Assault Response and Prevention program. There are also helpful tools and tips to help you be a better listener.

MY RESOURCES consists of a resource library with links and information on a variety of programs and services that are available to Soldiers and their Families. You will find a wealth of information on benefits, entitlements, educational opportunities, financial resources and other information.

We encourage you to download this app and spread the word. Let's get this on every Smartphone in Army Reserve!



QR Tag for the Apple
Version of the Battle
Buddy App



QR Tag for the
Android Version of the
Battle Buddy App